

# OCIP ESSAY

On Monday Morning, the first day of class, you will be required to turn in an essay that summarizes what is currently going on in your life. The essay will be collected on Monday morning at 0730. The essay will be read by OCIP staff and returned to you by the end of the week. As is all of your privileged information, this essay is kept confidential. The purpose of the essay is for you to clearly define your goals and purpose for being in the program and for OCIP staff to understand the same.

Please answer the following questions:

1. Describe the detailed and specific chain of events that lead you to OCIP.
2. List your 3 most significant stressors.
3. Identify your biggest current stressor and how is it effecting you?
4. Give a recent detailed example of how your stressor has effected you.
5. What are your goals for OCIP?
6. What have you tried to help you with your stressors?

**Outpatient Cognitive Intervention Program (757) 953-4880**